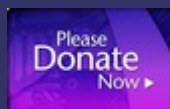




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December 30 - January 17, 2014

HSZC.org



Please help support Our Temple,
Dharma Study, Resident Student
Program & Our Practice Programs
for the Public.

**Donations are tax
deductible**

Public Practice Schedule

Monday

7:00 am Zazen

7:40 am Morning Chanting Service

6:00 pm Zazen

6:40 pm Evening Chanting Service

Tuesday- Friday

6:00 am Zazen

6:40 am Kinhin (walking
meditation)

6:50 am Zazen

7:20 am Chanting Service

7:40 am Soji (brief temple

First Sangha e-Newsletter of 2014



On the Endeavor of the Way :

Bendō - Wa

All Buddha tathagatas, who directly transmit inconceivable dharma and actualize supreme, perfect enlightenment, have a wondrous way, unsurpassed and unconditioned. Only buddhas transmit it to buddhas without veering off; self-fulfilling samadhi is its standard. Sitting upright, practicing Zen is the authentic gate to the unconfined realm of samadhi.

Although this inconceivable dharma is abundant in each person, it is not actualized without practice, and it is not experienced without realization. When you release it, it fills your hand - how could it be limited to one or many? When you speak it, it fills your mouth - it is not bounded by length or width.

All buddhas continuously abide in it, but do not leave traces of consciousness in their illumination. Sentient beings continuously move

cleaning)

6:00 pm Zazen

6:40 pm Chanting Service

Thursdays Study Hour 7:30pm

Saturday

6:30 am Zazen

7:10 am Chanting Service

7:25 am Soji

8:30 am Drop-in instruction

9:25 am Zazen

10:15 am Dharma Talk

11:00 am Refreshments/Social



about in it, but illumination is not manifest in their consciousness.

The concentrated endeavor of the way I am speaking of allows all things to come forth in enlightenment and practice, all inclusiveness with detachment. Passing through the barrier and dropping off limitations, how could you be hindered by nodes in bamboo or knots in wood.

[Moon in a Dewdrop writings of Zen Master Dōgen - Kazuaki Tanahashi](#)

We are seeking annual contributions to keep Hartford Street in operation and a refuge for study of the Dharma & Practice of Sōtō Zen. [Please visit here for more info!](#) This is your last chance to take advantage of the tax deduction for 2013 (end of year)





HIV Meditation Sitting Group

weekly meditation group for those living with HIV, their friends, families, community supporters & anyone who wants to join us!
Thursdays & Fridays

10:30 am zazen

11:00 am garden socializing

Women's Sangha




Tom Hawkins (center in grey) and supporters/friends/sangha siblings for his art show/sale reception for charity for hszc & sfzc (opening) @sfzc Dec 13, 2013 featuring photos of Japan.


Still time to see it and purchase through Dec 31st 2013.


Upcoming Events:

 Dharma Talks- Rev. Myō Lahey - Dec 28, Jan 11, 25 - 2014 @10:15am

 Guest Speaker Saturdays - 2014 Jan 18 Shosan Victoria Austin; Feb 8 Keiryu Lien Shutt; Mar 8 Rev. Jeffrey Schneider; Mar 22 Shokan Jordan Thorn;

 New Year Ceremony & Celebration - Dec 31, 2013 @7:30pm - 12:00am Jan 1, 2014: Sit Zazen, noodle meal, temple cleaning, ringing the large bell to welcome the new year in with us!

 Full Moon Ceremony - Saturday, Jan 11, 2014 @ 11am - The Wolf, Old Moon, or the Full Moon After Yule.

 Dogen's Birthday Observed Koso gotan-e - (Founder of Soto school of Zen in Japan) - January 25, 2014 @ 11am.

(Women only)

weekly meditation group for women
including guest speakers &
socializing
Tuesdays

7:00 pm - 8:30 pm

Meditation in Recovery


(Men & Women)
weekly meditation group for men &
women in recovery from addiction


Fridays, 7:30 pm - 9 pm


Women's Meditation in Recovery


(Women only)
monthly meditation group for
women in recovery from addiction.
First Thursdays


7:15 pm - 8:45 pm


 **Sangha Council** - February 1, 2014 Noon to 2:30pm.

 **Chinese New Year Celebration**, our second annual fire joss symbolic offerings to our deceased loved ones & those who passed from this realm from HSZC & Maitri Hospice, for the 2014 or 4712 as part of the celebration for the Chinese new year - February 1, 2014 @11am

 **Founder's Memorial** - Issan's Memorial is generally on the 6th of the month, & the memorial for Philip Whalen is generally on the 26th @ 6:40pm

 **Study Hour** - Book of Serenity, we have books to share, we read together, feel free to drop-in - Thursdays @7:30pm

 **HSZC will be closed the following upcoming days** *Closed Dec 31st until 7:30pm for New year Celebration/Ceremony;*
Closed Jan 1, 2014 - Jan 2nd 2014. Open 6am January 3rd 2014.

 **Next Board of Directors' Meeting** - Second Wednesdays of the month: **January 14th 2014 @7:30pm** moved from the normal rotation to accommodate individuals' schedules. You're welcome to attend & observe.

Chinese new year, the year of the wooden horse, also called the Green Horse!

Energetic, bright, warm-hearted, intelligent and able: the spirit of the horse has an unremitting efforts to improve. This year will be full of changes. According to the Chinese astrology calendar, the Year of the Horse will start on when the sun enters the 315th degree on the tropical zodiac.

The Year of the Wood Horse, 2014 is the year where leaders will find a way to make a difference and make things happen.

Here are the five things to know about the Year of the Horse:

1. People who are born under the Year of the Horse are known for their ingenious communication skills. They are clever, not afraid to venture in their careers and kind to others. Cheerful and perceptive, the Horse people are talented and witty. They are earthy but also stubborn and know how to work the crowd.

2. The weaknesses of people under this sign come with too much constraints and their interests may be only superficial. Impatient and hot blooded, Horse people are known to be independent and rarely listen to advice. They have a strong endurance which is admirable, but they also have a bad temper. They know how to pursue high-profile careers but do not know how to manage their finances because of the lack of budgetary efficiency.

3. The year 2014 is full of luck but people have to apply due diligence to enjoy the luck that this year brings. Luck can also soften the blows when there is problem. Bad luck is going to be rare this year. People can start venturing to other directions with more confidence and make major changes in their lives.

4. People who are born under the sign of Aries, Leo and Sagittarius will have their work and responsibilities as their main focus. Their careers will flourish and money-making potential is going to be successful. People born under the sign of Cancer, Scorpio and Pieces are going to enjoy traveling, romance and even learn a new language.

5. Although luck is on 2014's side, the wrath of 2013 is going to continue. The flooding in the Philippines and earthquakes in Japan, Bulgaria and Northern Italy are only a beginning. More flooding will occur in unexpected places and strange weather patterns are going to continue.

(by Riza Omos)

Words From Our Abbot: Rev Myō Lahey

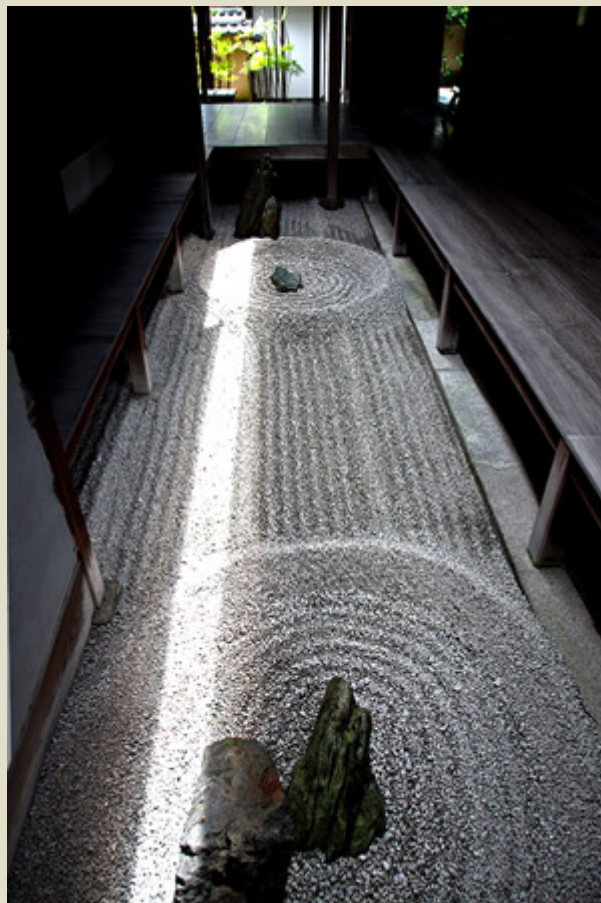
Dogen came back to Japan with this practice and with this lineage. He inherited Dharma-lineage holder responsibilities from Rujing...When Dogen returned he set about telling people that he had found something rather extraordinary.

What he found was not exactly just sitting, but is represented or embodied as the practice of "just sitting." ...This practice of "just sitting"...The teaching of Shikantaza is that it is the embodiment of the enlightenment of all the Buddhas, and with usually considerable sustained cultivation, you see that yourself. This is called practice-verification.

There is absolutely no question that you need to have some initiatory experience other than the sitting itself to practice this way...It is simply not the

case that one needs to have some sort of initiatory experience other than the sitting itself to practice this way.

Hartford Street Zen Center Dharma Talk January 20, 2007



Ryoen-in at Daitokuji, Kyoto - [Tom Hawkins](#)

From the Garden - www.ecological-living.info/

The more energy you use, the more energy needs to be produced by power stations, and the more pollution is created. Therefore reducing your energy use indirectly helps the environment. Conserving energy is a good way of reducing your fuel bills while helping the environment. There are many ways to increase the energy efficiency and comfort of your home, varying from the very cheap to the more expensive methods which take longer to pay for themselves. Below is a general list of changes you can make to your home to increase energy efficiency – the cheapest and easiest to fit are listed first:

When cooking, cover the pan with a lid – it takes less energy to boil the water.

Fill the kettle with only as much water as you need – don't walk away and leave it so long that you have to re-boil it to make a cup of tea!

In winter, set your central heating to 16 – 18 degrees C (60 – 80 degrees F) – older or infirm people may require a higher temperature of 21 degrees C (70 degrees F). Adjust the timer on your central heating and hot water tank to reflect your daily routines.

Place reflective foil behind radiators situated against outside walls. Fit wide window sills over radiators situated under windows to deflect the heat.

Fit heavy lined curtains, insulating blinds or shutters to windows. Use pelmets at the top of the frame, and fix the curtain sides to the wall to reduce heat loss

Use electric lighting only where needed. Fit energy efficient lamps instead of standard incandescent lamps.

Fit individual hot water tank and radiator thermostats. Set the hot water thermostat to produce hot, not scalding, water. Radiator thermostats can also be used to make some rooms warmer than others, for instance to make the home more stimulating, or in our case, to keep the bedroom cooler than other rooms to enable us to sleep more easily.

Work with the environment – increase the amount of sunlight entering your home (this is also known as 'solar gain'). Cut back trees and vegetation shading your home from the winter sun. Clear clutter from sun facing windows, and draw the curtains well back. Draughtproof doors and windows, and seal airleaks in the building, such as skirtings, floorboards and unused fireplaces.

Insulate the loft, hot and cold water tanks, and lag pipes – don't forget to insulate the loft hatch. Insulate the walls. Newer homes can be cavity-wall insulated, older homes with solid walls can be fitted with external or internal wall insulation.

Double or triple glaze windows. Add internal lobbies or enclosed porches to outside doors.

You can also save energy by:

Using energy efficient cookers, fridges, freezers and washing machines

Not using unnecessary electric gadgets

Drying your washing outside instead of in the dryer

Hand washing dishes

Using hand tools (as opposed to power tools) as much as possible

Closing your curtains at dusk to retain heat.

Hartford Street History: 2 Videos! One of Issan about his personal life (about 45 minutes) and a second at Chapter 13 (less than 20 minutes) about Maitri Hospice & HSZC -1990. Enjoy and a thanks to all those who were here then, and produced these videos & those still here, or now here today as well as those working with Maitri Hospice in its current location and as its now separate entity!

[Click the below image](#)



Seeking a LGBTQI, Buddhist space for your wedding?
HSZC & Abbot Rev. Myō Lahey can be a part of this amazing & love filled ceremony. HSZC can house your Zen Buddhist Wedding ceremony & Rev Myō can perform weddings! Please email hszc108@yahoo.com, call us, or a better way yet is to stop in & discuss during our publicly open hours.

Abbot, Hartford Street Zen Center (HSZC) --- Reverend Myō Lahey



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*Please submit stories, reflections, personal news, artwork & photography for future newsletters to
KeiDo at tetsugen.keido@yahoo.com*

May this newsletter find you well & equanimous! __/__